



## Class Schedule

Effective January 15, 2022

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00am		<b>BODYPUMP</b> 60 Erin		<b>BODYPUMP</b> 60 Lynn		<b>GRIT</b> 30 Emily	
6:30am			<b>RPM</b> 45 Chantelle		<b>RPM</b> 45 Jenny		<b>BODYSTEP</b> 60 Jessica
9:00am	<b>RPM</b> 45 Emily	<b>BODYPUMP</b> 60 Amy	<b>BODYSTEP</b> 60 Amy <hr/> THE TRIP 45 Dani	<b>BODYPUMP</b> 60 Erin	<b>RPM</b> 45 Emily	<b>BODYPUMP</b> 60 Chantelle	<b>sprint</b> 30 Carrie
9:50am					<b>CORE</b> 30 Chantelle		<b>BODYPUMP</b> 60 Jenny <hr/> <b>RPM</b> 45 Dani
10:30am					<b>BODYFLOW</b> 45 Chantelle		<b>BODYCOMBAT</b> 45 Dani
4:30pm	<b>BODYCOMBAT</b> 45 Dani			<b>SH'BAM</b> 45 Jessica		<b>THE TRIP</b> 45 Jessica	
5:30pm	<b>BODYPUMP</b> 60 Lynn <hr/> THE TRIP 45 Jenny	<b>BODYATTACK</b> 45 Jenny <hr/> <b>RPM</b> 45 Carrie	<b>BODYPUMP</b> 60 Emily	<b>FLXCYLE</b> 45 Chantelle	<b>BODYPUMP</b> 60 Elizabeth		<b>barre</b> 30 Nikki
5:45pm				<b>GRIT</b> 30 Emily			<b>BODYFLOW</b> 60 Nikki
6:20pm		<b>CORE</b> 30 Chantelle		<b>CORE</b> 30 Emily			

In-person studio class  
 In-person cycling class  
 Virtual class available  
 30 45 60 30, 45 or 60 minute duration

Find even more info on our website at: <https://flxfitclub.com>

### LES MILLS barre

Les Mills BARRE™ combines cardio and strength with high reps of small range-of-motion movements and very light weights. You'll feel a beautiful burn as you start developing the lean, toned muscles of a dancer, helping you stand taller and walk away more gracefully.

### LES MILLS BODYATTACK

BODYATTACK™ combines high-energy athletic moves like running, lunging and jumping with strength exercises such as push-ups and squats. You'll burn tons of calories and improve your strength, coordination and agility, leaving you with an endorphin high!

### LES MILLS BODYCOMBAT

BODYCOMBAT™ is a martial arts-inspired workout that is high-energy but totally non-contact. Punch and kick your way to fitness while learning moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ!

### LES MILLS BODYFLOW

BODYFLOW™ blends elements of yoga, Tai Chi and Pilates to benefit both body and mind. Simple moves set to great music, with options for all levels, will improve your strength, balance and flexibility. You'll leave the class feeling calm, centered and ready to take on the world!

### LES MILLS BODYPUMP

BODYPUMP™ is the original barbell-based strength training class that gets you lean, toned and fit – fast. You'll work all your major muscle groups using light to moderate weights with lots of repetitions. Leave the class feeling challenged and motivated, and ready to come back for more. It's our most popular class for a reason!

### LES MILLS BODYSTEP

BODYSTEP™ is a cardio workout that will tone your lower body like nothing else. You'll start with basic stepping, and gradually challenge your coordination with faster moves and the chance to show some flair. Classes may also use moves like burpees, push-ups and weight plate exercises to work the upper body. You (and your legs) will love it!

### LES MILLS CORE

Les Mills CORE™ strengthens all the muscles in and around your body's core in just 30 minutes. A stronger core makes you better at *everything*, from your everyday life activities to performance in your favorite sports.

### FLXCYCLE

FLX Cycle is our signature indoor cycling class, with an energetic mix of hit music that will push you through class. It's a challenging blend of interval training, strength, speed and endurance work (and maybe a little bit of dance party). Leave smiling, sweaty and satisfied!

### LES MILLS GRIT

Get on the fast track to a fitness transformation with GRIT™, a 30 minute high-intensity interval training (HIIT) program. Bursts of strength &/or cardio work with short recovery periods will push your body way out of its comfort zone. These small group classes allow more personalized coaching to help you nail the moves. (Note that we recommend building a base level of fitness before adding HIIT classes to your training.)

### LES MILLS RPM

RPM™ is high-energy cardio interval-based indoor cycling. In this 45 minute class, the energy of the group and the rhythm of the music push you through hill climbs, speedwork and power training. You control your own resistance levels and speed, so build up your fitness level over time. Burn lots of calories, improve your aerobic fitness and feel amazing afterwards!

### LES MILLS SH'BAM

SH'BAM™ is a fun-loving, ego-free cardio dance workout – no dance experience required. We turn on the party lights to create a club-like atmosphere and allow you to immerse yourself in the experience. You'll learn hot new dance moves as you burn calories!

### LES MILLS sprint

SPRINT™ takes the idea of high-intensity interval training (HIIT) onto an indoor bike. With no impact on your joints, you use the bike as a tool to push through short periods of maximum effort. Get super fit, super fast – in just 30 minutes! (Note that we recommend building a base level of fitness before starting with HIIT classes.)

### LES MILLS THE TRIP

THE TRIP™ is a totally immersive indoor cycling workout. You'll forget about everything else as we take you on a thrilling (and challenging) journey through virtual worlds shown on a cinema-scale screen, accompanied by a killer soundtrack. More than just a class, THE TRIP is an unforgettable experience!